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LUNCH WITH A PUNCH

Broadcast by Ruth Van Deman, Bureau of Human Nutrition and Home Economics, and Dr. Robert S. Goodhart, Chief Industrial Feeding Division, Civilian Food Requirements Branch, Food Distribution Administration, in the Department of Agriculture's portion of the National Farm and Home Hour, Thursday, December 9, 1943, over stations associated with the Blue Network.

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VAN DEMAN:

This is Ruth Van Deman about to turn interviewer. Recently a friend of mine—a newspaper woman—asked me if the Government is doing anything to see that the millions of workers in war plants get proper food while they're on the job. My friend knew the problem all right. She knew all about the increase in industrial workers, the expanded factory, and brand new factories (growing practically overnight out in the open country). She knew the difficulty ~~they were~~ having in providing lunch facilities for all the people in all these plants... old and new. And she was well aware the war worker's health, energy, and efficiency depends in large measure on good nutrition. Well, for answering her question I sent my friend to see Dr. Robert S. Goodhart, the Chief of the Industrial Feeding Division of Food Distribution Administration. And I also asked Dr. Goodhart to come up here today and let me do a little interviewing. Dr. Goodhart shall we start with that leading question my friend asked?

GOODHART:

Why yes, the question, I believe, was "What is the Government doing to help war plants with their large-scale feeding plans?"

VAN DEMAN:

That's right!

GOODHART:

Well, we have established a program on industrial feeding. This program includes a plant advisory service that's available through the Food Distribution Administration regional offices. This service is helpful in installing and expanding food services to meet the needs of the workers. The program also includes the work of industrial nutrition committees, who establish information centers in markets near war plants and public utility offices in order to help workers make the best use of available foods. In addition, educational material and posters are distributed and used in the cafeterias and restaurants. Workers are encouraged to take material on nutrition home with them.

VAN DEMAN:

So it can be applied to all three meals of the day, right?

GOODHART:

Yes, of course, our aim is to expand in-plant feeding for the worker so he will have good food while on the job, but we realize that the other two meals are also important if the worker is to have an adequate diet. That, of course, is the reason we provide posters and other educational material.

VAN DEMAN:

By the way, I saw one of your posters, one that deals with home packed lunch. That's a problem that's always with us. Many war workers have to carry home-packed lunches. And homemakers have the problem of making those lunches both nutritious and tasty.



GOODHART:

We have a number of folders that give ideas of foods that will pack and keep well, and yet be nutritionally adequate. Fortunately large numbers of people are now learning that a hot lunch isn't necessarily the only adequate lunch, but that cold lunches too, are nutritious, if they include sandwiches with nutritious fillings, fruit, and a raw vegetable or green salad and milk.

VAN DEMAN:

Are those lunches planned according to the Basic Seven groups of food.

GOODHART:

Yes, they are. In fact, our pamphlet called "Eat A Lunch that Packs a Punch" has a list of the basic seven groups of food, and suggestions for home packed lunches--which include some foods from each group.

VAN DEMAN:

The war worker of course, isn't the only one in the family who can benefit from that kind of lunch. I'm thinking especially of the school children.

GOODHART:

They, of all people, do need a lunch with a punch.

VAN DEMAN:

Certainly something better than a couple of dry sandwiches and a piece of cake.

GOODHART:

Well, I for one will be very happy to see an improvement in school children's lunches as a by-product of the educational work being carried on through the war plants. And we can expect that result because the same principles apply to all home packed lunches.

VAN DEMAN:

To paraphrase an old saying "What this country needs is a good home packed lunch". But of course, that isn't the whole answer to the problem of industrial feeding.

GOODHART:

No, it's just one part of the answer. Many workers can't bring lunches from home. Some plants are meeting the needs of those workers by installing large cafeterias. Some of these serve more than ten thousand meals a day. Other plants have other forms of food service such as lunch box services so that workers can buy food at the plant gates or from lunch carts within the plant. The industrial feeding problem involves quantity as well as quality.

VAN DEMAN:

It certainly does that...and we're indebted to you, Dr. Goodhart, for your report on the industrial feeding program carried on by the Food Distribution Administration in cooperation with war plants and industrial nutrition committees.

Now let's hear from Duke DuMars.

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